

# Vegan Hate Pos

M a n i f e s t o



i ' v e   s e e n   t h e   h i d d e n  
I W O N ' T   T A K E   A N O T H E R   B I T E  
i ' v e   s e e n   t h e   v i o l e n c e  
I W O N ' T   T A K E   A N O T H E R   B I T E  
i   k n o w   c o m p a s s i o n  
I W O N ' T   T A K E   A N O T H E R   B I T E  
l e a s t   o f   a l l   i   k n o w   m y   h e a l t h  
I ' L L   N E V E R   T A K E   A N O T H E R   B I T E

In our time, the defense of innocent life and the defense of the earth are of the utmost importance. The greed and selfishness that permeates our society is destroying our world and killing innocent animals by the billions. NO MORE is our creed. The killing must stop. The destruction must end. We will not contribute to this madness. We will not kill ourselves with this societies poisons. We will not live on the death of others. Our abstaining from these products comes from our compassion for living beings and our hatred of this society and the evil for which it stands.

All sentient beings have rights. But whoever takes away the rights of others has invalidated theirs by their selfish actions. These deeds not only take away the lives of innocent animals, but also contribute to the destruction of our planet. NO MORE shall we tolerate these acts. NO MORE shall we tolerate those who partake in these acts. Their ignorance, weakness and selfishness is no longer an excuse. Take this as a warning... xVxHxPx

GO



Vegan!

to own  
you,  
control  
you,  
exploit  
you.



# Little Pranks for Animal Liberation

The following 800 numbers belong to various groups who exploit, torture, and kill animals for profit. Everytime you call them and keep them on the line for thirty seconds or more, it costs them a dollar. The longer, the more it costs them. Call from a payphone, and it's no cost for you. Some places offer catalogs. So you can order a catalog to a phony address, and the cost once again falls onto them.

It is possible that they will have phone tracers, so it would better if you did call from a payphone. Argue, make silly noises, say, "...you're parked in my spot" over and over.

Have fun with it. And remember it's only a phone, they don't know who you are.

## ALL NUMBERS BEGIN WITH 1 - 800

F u r P r o c e s s o r s

National Superior: 77 - Bears

D Cohn Furs: 2-TAN-FUR

F u r A u c t i o n H o u s e s

Seattle Fur Exchange: 445-MINK

T r a p p i n g S u p p l i e r s

Tom Miranda Great Outdoors: 356-6730

Hoosier Trapper Supply: 423-9526

Woodstream Corp.: 800-1819

Russ Carmen Lures: 545-8737

Northern Fur & Sprot: 523-4803

Egg Trap: 245-9665

RP Outdoors: 762-2706

Snare Shop: 373-8097

L a b A n i m a l S u p p l i e r s

Charles Rivers Lab: LAB-RATS

Hazelton Research Products: 345-4114

Amitech/Dominican Labs: 752-4334

Bio Serv Inc.: 521-3368

Hilltop Lab Animals: 245-6921

Harvard Apparatus: 272-2775

D i s s e c t i o n A n i m a l S u p p l i e r s

Wards: 962-2660

F u r S t o r e s

USA Foxx and Furs: USA-FOXX

# WHY PORCELLY CAN SUCK IT !

## OR RANTINGS OF A VEGAN

IF YOU HAVE READ THE FIRST ISSUE OF THE EQUAL VISION FANZINE, YOU MUST BE FAMILIAR WITH PORCELLS INDUCTION TO THE WONDERFUL WORLD OF KRISHNA & THE VEDIC DIET.

HE WAS CURIOUS ABOUT THE KRISHNA PHILOSOPHY, SO HE CONSULTED THE SWAMI AT THE TEMPLE IN PA. WHERE HE ASKED WHY KRISHNAS CONSUME COWS MILK. AFTER ALL, PORCELL HAD READ ALL THE MATERIAL DISCLOSING HOW THE COWS ARE TREATED. AND THE CHEMICALS, ETC. THAT ARE INTRODUCED INTO THEIR SYSTEMS TO AID IN RENDERING A BETTER "PRODUCTION" OF MILK.

AFTER A RATHER LENGTHY EXPLANATION, THE SWAMI WHOEVER, SIMPLISTICLY REPLIED THAT ALL THE INFORMATION HE READ WAS OPEN TO MISINTERPRETATION AND HUMANS, UNLIKE COMPUTERS, & ASSUMABLY LORD KRISHNA HIMSELF, ARE ABLE TO MAKE MISCALCULATIONS. SO LOGICALLY EVERYTHING PORCELLY HAD READ, WAS INCORRECT.

PORCELLY, ENLIGHTENED, REVELED IN HIS DISCOVERY, AND CONTINUED HIS PROGRESSION INTO KRISHNA.

WHAT A CROCK! ISN'T IT OBVIOUS THAT THE SWAMI HIMSELF IS A HUMAN BEING, JUST LIKE THE REST OF US! SO ACCORDING TO HIS OWN PREACHINGS, HE HIMSELF HAS THE POTENTIAL FOR MISCALCULATION? AM I THE ONLY ONE WHO SEES THIS ? HELLO, McFLY...?

AND WHILE I'M TAKING A PUBLIC FORUM TO ABOUT THE KRISHNAS, WHAT'S WITH BUYING MILK FROM GROCERY STORES? IF THIS WONDERFUL LIQUID IS SO SACRED, WHY DO THEY DRINK STORE BOUGHT MILK? AS AN OBVIOUS SUPPORT TO THE FACTORY FARMS ACROSS OUR LANDS, SHOULDN'T THEY AT LEAST GET THEIR MILK FROM THE FARM IN PA.? GO VEGAN, DORK BREATH! I'M OUTTY...

Vegan 6 xVxHxPx



# VEGAN SOURCES OF NUTRIENTS

## ZINC

NUTS  
SEEDS  
WHEAT GERM  
WHOLE GRAINS  
YELLOW/GREEN VEGGIES  
YELLOW FRUITS  
CALCIUM

WATERCRESS

RHUBARB

BEETS

PARSLEY

SPINACH

BROCCOLI

CHINESE CABBAGE

RAW ONIONS

RAW CELERY

OKRA CHIVES RAW CABBAGE

CUCUMBERS

TURNIPS

ZUCCHINI

GREEN BEANS

SQUASH

ARTICHOKES

## B12

RICE BRAN

WHEAT GERM

SUNFLOWER SEEDS

CORNFLAKES

PINON NUTS

SOY MILK

SESAME SEEDS

BRAZIL NUTS

PEANUTS

## VITAMIN C

BELL PEPPERS

GUAVES

PEPPERS

BROCCOLI

WATERCRESS

PARSLEY

RADISHES

ASPARAGUS

BRUSSEL SPROUTS

CHIVES

STRAWBERRIES

PAPAYAS

CANTELOPES

ORANGES

GRAPEFRUIT

## VITAMIN E

WHEAT/RICE GERM

WHOLE WHEAT

GRAINS

LEAFY GREENS

NUTS

SEEDS

LEGUMES

## VITAMIN A

PEPPERS

PARSLEY

CARROTS

SWEET POTATOES

APRICOTS

SPINACH

MANGOES

CHIVES

SQUASH

## VITAMIN D

MILD SUNLIGHT

SUNFLOWER SEEDS

## PROTEIN

SOYA GRIT:

GLUTEN FLOUR

SOY FLOUR

SOY BEAN:

SOY MILK

PINE NUT:

PEANUT:

WHEAT GERM

LENTIL:

## THE HIDDEN INGREDIENT:

### CASEIN

CURD.CHEESEY PART

OF MILK

CALCIUM/SODIUM

CASEINATE- MILK

DERIVATIVE

MONO.DIGLYCERIDE:

- ANIMAL FAT:

(UNLESS SPECIFIED)

VEGGIE DERIVED

WHEY- CLEAR LIQUID

LEFT AS A RESIDUE

OF MILK, AFTER SEPARATION

OF FAT &

CURD CONFECTION

ERS GLAZE

GELATIN GELATIN

GLUTINOUS SUB

STANCE BY BOILING

ANIMAL BONES

HOOVES, ETC

LANOLIN-OIL FROM

WOOL LACTOSE- MILK

SUGAR LACTATE- SALTY

OF LACTIC ACID

LACTYLATE- M.I

GLUCANO LACTYLATE

M.D. LACTIC ACID

SYRUP FROM SOY

MILK RENNET- STOMACH

ACH LINING FROM

COWS TALLOW- ANIMAL

FAT MELTED

DOWN

GO AHEAD TAKE ANOTHER BITE OF THAT SANDWICH I DON'T CARE IF IT'S MEAT OR CHEESE IT'S THE SAME THING TO ME. BOTH SCREAM OF A TORTURED LIFE AND OF **A SYSTEM OF DEATH.** JUST REMEMBER THAT MEAT IS MURDER AND THAT CHEESE IS ONE STEP ABOVE IT. JUST DON'T THINK ABOUT THE FACT THAT YOUR CHEESE CONTAINS THE LINING OF A CALVES' STOMACH, JUST DON'T THINK ABOUT THAT YOU WOULD NEVER EAT VEAL BUT EVERYTIME YOU DRINK THAT REFRESHING GLASS OF MILK YOU ADD ONE MORE VEAL CALF TO A LIFE (DEATH) OF PAIN. PLEASE DON'T THINK ABOUT THAT. SEE MY SMILE I HAVE STAPLED TO MY FACE AS YOU TRY TO EXPLAIN YOUR ACTIONS AND HOW YOU ARE TRYING BUT IT IS JUST TOO DIFFICULT AND YOU DON'T HAVE THE TIME AND HOW WILL YOU GET ENOUGH PROTEIN WITHOUT IT. JUST WATCH MY SMILE JUST WATCH MY CLENCHED JUST WATCH MY HANDS TRY TO TURN TO FISTS JUST WATCH MY EYES UNDERSTAND YOU JUST WATCH ME NOT THINK ABOUT THE THOUSANDS OF



SCREAMING ANIMALS THAT DIE EVERYDAY FOR YOUR MEAT JUST WATCH ME  
NOT HEAT THEIR CRIES BECAUSE YOUR ARGUMENTS HAVE OUT SHOUTED  
THEM ONCE AGAIN. MAYBE I DON'T SEE A TORTURED LIFE DIE IN A COLD  
CEMENT ROOM WITH THE FLOOR COVERED IN BLOOD MAYBE I ONLY SEE AN  
APATHETIC LIFE BEING BEATEN. NO AUTOMATIC WEAPONS HERE, CLENCHED  
FISTS ARE MUCH MORE PERSONAL. NO CARES ABOUT WHICH SEX YOU  
CHOOSE TO LOVE ONLY WHO I CHOOSE TO HATE. NO CARES ABOUT HOW YOU  
USE YOUR BODY ONLY ABOUT THE BODIES YOU  
CHOOSE TO CONSUME AND THE BODIES I HOPE  
TO LEAVE IN MY WAKE. IS IT TO HARD TO TRY?  
THAT IS ALL I ASK THAT IS ALL I YELL THAT IS  
ALL I CRY THAT IS ALL I SCREAM.



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~~xvegan~~~~xhate~~~~xpos~~~~x~~

# Introduction . . .

I look around at our world, and I see a lot of hate and anger and destruction taking place everywhere I turn. This saddens me. A large percentage of people either just don't seem to care or don't really think about the impact of their actions outside of their own personal spheres. I saw a bumper sticker the other day that said "HAVING FUN AT THE EXPENSE OF OTHERS." That just about sums up the attitudes that many people seem to strongly believe in. Who cares what we eat as long as it tastes good going down? Right? WRONG! There is a tendency for people to sacrifice many important things such as other animals' lives in exchange for some "tasty" vittles. This disturbs me. How can people be so blinded by short-term gratification. These issues of great concern must be looked at from a larger, more caring perspective. We must take our thinking to a step above the "if it feels good, do it" way of thinking. Veganism plays an important role in counteracting this shallow approach to life. It is all about looking at life with a little more consideration as to how you directly or indirectly affect it. Using animal products is detrimental to your physical health, your mental state and the environment. Practice some compassion and help stop the rapid deterioration of our world. Sure veganism isn't the end-all be-all solution, but it certainly is a start, a step in the right direction. It is something that you can do on a daily basis that can seriously make an impact, and it is not that hard to accomplish. Take action before it is too late and realize that you aren't in this alone.

Rude Boy  
xVxHxPx

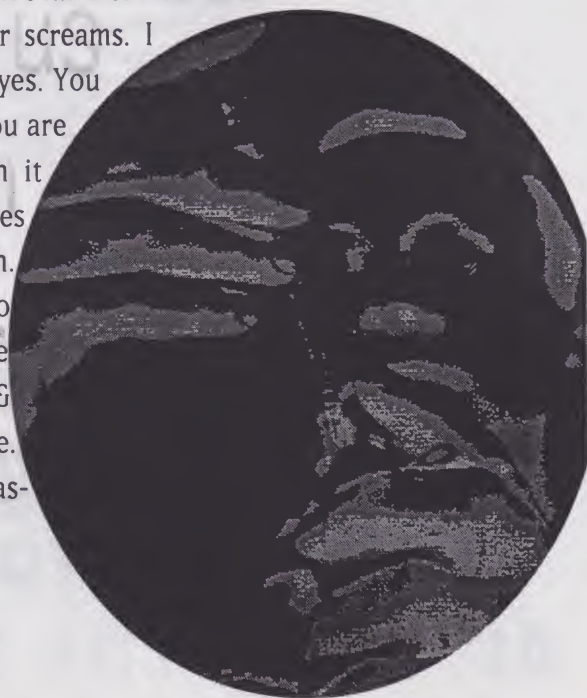


# M a y b e ...

You selfish motherfucker. How dare you destroy my world with your greedy actions. How dare you think you have a right to destroy a beautiful creature for your pathetic appetite. You greedy piece of shit you think that you are more important than them. Don't you realize that you're killing yourself and your planet. Even if you don't care about anyone or anything else you must at least care about yourself. Every piece of meat you consume pushes this world one step closer to the end. Why would you think that I would let you continue on your cruel path.. I am going to do everything in my power to stop you. I will destroy your tools of war I will smash your hands so you will never build another or kill another life. If your death saves one animals' life it will be justified. You are the enemy of the animals, of the earth, of me.

To the vivisector. I have compassion for you. My only feelings for you are complete hate & rage. I see you as a criminal & a sadist. Given the chance, I would kill you & feel no guilt whatsoever. First I would perform tests on you. Do you feel pain? How much pain can you take? While you cut out the animals vocal cords so you don't have to hear their screams, I want to hear your screams. I want to see the fear in your eyes. You will try to struggle but once you are strapped in & clamped down it will be to no avail. Your eyes will bleed & you skin will burn. Soon you won't be able to scream. You will only shake with fear & pain, whimpering & begging to die. Begging to die. Maybe then I will feel compassion & let you die. Maybe...

**Maddog**  
**xVxHxPx**



**Beer is animal tested, as are cigarettes.  
Intoxication is not rebellion.  
It is sublimation, submission, and  
debasement.**



**Be straight.  
If not for yourself,  
do it for the animals!**





A twinkle in our  
eyes, we smile. Peel  
a sticker, point a fin-  
ger, & do what we  
do best - you're  
next!

We hate you -

X MAD X DOB X

VEGANG

RUDEXBOY



**Props for 94': None Left Standing, Minneapolis Hoods  
Up Crew (you know who you are), DC in 83', living  
lightly & tofutti, Proud Youth, ginseng, the Simpsons,  
Colt Turkey, and a onion for cleansing . . .**

your ass is grass & i'm the cow

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xxx VEGAN HATE POS. xxx